
At the Lesley L. Walls Vision Center, we strive to assist those dealing with a visual impairment to meet their goals and live independently. We understand that it can be challenging to adapt to vision loss, but there is hope. There are several social and support groups within our community that meet regularly. These groups provide a safe environment where both patients and those who care about them may participate in discussions and meet people who are dealing with similar struggles. Below is a list of known groups in the greater Tulsa area. Many patients have found these groups to be helpful, and we hope that you do too.

1. University Village

- **Location: 8555 S. Lewis, Tulsa, OK 74137**
- **Meeting dates/times: 2nd Wednesday of each month at 2:00pm in the private dining room**
- **Description: This group is open to anyone and their meetings include a different speaker each month. The group also discusses strategies for coping with a visual impairment and openly discusses strategies for independent living.**
- **Contact: Judy 918-693-1279 or Kathy Gustafson (Life enrichment coordinator) 918-298-3480 (office), 918-298-3270 (fax) or email KGustafson@uvrc.com**

2. VISTA: Visually Impaired Seeking Technique Alternatives

- **Location:** The center for individuals with physical challenges, 815 South Utica Ave., Tulsa, OK 74104.
- **Meeting dates/times:** Every Wednesday at 1:00pm in classroom #2 for discussion. On the first Monday of each month there is Goalball and a meeting with the National Federation for the Blind located in the gym from 5:00-7:00 pm.
- **Description:** Meetings feature dialogue concerning community resources, adaptive equipment, social activities and supportive interactions.
- **Contact:** Vickie Holler (Director of member services) 918-794-4508 or email vholler@tulsacenter.org. You can visit their website at tulsacenter.org

3. Tulsa Council for the Blind

- **Location:** Tulsa Free Will Baptist Church (in the family life center), 930 W 23rd Pl, Tulsa, OK 74107
- **Meeting dates/times:** 2nd Friday of each month, from 6:00-7:30 pm. Prior to the meeting you may attend dinner at 5:30 pm (cost is \$8/person plus tip, if you are able).
- **Description:** Education, support and resources for the visually impaired and blind. There is typically a guest speaker at each meeting.
- **Contact:** Julie Bailey (president) 918-355-0842 or j.bailey@cox.net or Allison Fallin (secretary) afallin@cox.net.
Website: tulsacounciloftheblind.org

4. Tulsa Veterans Affairs Support Group - this group is only open to Veterans

- **Location:** Ernest Childers VA Outpatient Clinic, 9322 E 41st St, Tulsa, OK 74145. You can meet Richard from the low vision department in his office which is located in room 127 and he will take you to the meeting location.
- **Meeting dates/times:** 1st and 3rd Tuesdays of each month at 2:30 pm
- **Description:** Meet with fellow veterans who are also dealing with visual impairments for open discussion and support.
- **Contact:** Richard 918-628-2500 x 2556

5. Town Village

- **Location:** 8222 S. Yale Ave, Tulsa, OK 74137
- **Meeting dates/times:** 2nd Wednesday of each month at 2:30 pm for 20 minutes
- **Description:** Informational program
- **Contact:** Wendall Cook at 918-720-1316 or email wcook102@cox.net

6. Visual Impairment Support Group of Sand Springs

- **Location:** Lucile Page Manor community building. 253 E 41st Street, Sand Springs, OK 74063
- **Meeting dates/times:** 3rd Monday of each month at 10:00 am
- **Description:** Currently a small group that meets once a month. There are speakers at each meeting.
- **Contact:** Gerry Holladay 918-245-4567 (home), 918-269-6658 (cell), or email GHolladay@cox.net

7. 20/20 Plus

- **Location: Steak and Eggs restaurant, 1112 E Taft, Sapulpa, OK 74066**
- **Meeting dates/times: 2nd and 4th Wednesday of each month from 12:30-2:30 pm**
- **Description: Social group for the visually impaired. They meet twice a month and have a guest speaker at the first meeting of each month.**
- **Contact: Karen at 918-224-7978 or Lola at 918-247-7408**

8. Brady District Chapter of the National Federation of the Blind in Oklahoma

- **Location: Made Market at the Double Tree Hotel in Downtown Tulsa. 616 W. Seventh Street, Tulsa, OK 74127**
- **Meeting dates/times: 1st Thursday of each month from 6:00-8:00 pm**
- **Description: This is a support and civil rights group whose main interest is advocating within the community that blindness does not have to hold you back. This group is particularly well suited for people who have experienced profound vision loss.**
- **Contact: Jedi Moerke, President @ 318-533-8424 or email loneblindjedi@samobile.net website: nfbok.org**